

**Subject:** Fitness on the Waterfront event - Saturday, Nov 5th at 9am  
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**Date:** 11/02/2016 01:39 PM  
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Hi Elise – Anyway to get this out with the Chamber newsletter this week?

Hi Lorena – Any help blasting this out and handing out the flyers to the PBID condo residents would be appreciated

I hope that you are well and that you're enjoying your day. The Port of Los Angeles will be hosting a Fitness on the Waterfront event this Saturday, November 5<sup>th</sup> at 9am. The meeting place is along the promenade at 5<sup>th</sup> Street and Harbor Blvd (in front of Fire Station 112) and you may park at the Liberty Hill Parking lot located on 5<sup>th</sup> Street between Harbor Blvd and Palos Verdes Street (see the attached flyer for further details). The Port of LA recently installed exercise equipment along the San Pedro Promenade, 22<sup>nd</sup> Street Park and at the Wilmington Waterfront Park. Port Staff will be demonstrating how to use this exercise equipment along the promenade between Fire Station 112 and the fountain. The weather forecast for Saturday is sunny and warm with a cruise ship that will be docked near the bridge and Port staff we will be serving fresh coffee, water and light refreshments during this event. Please stop by around 9am this Saturday, grab a cup of coffee and join us for a walk along the promenade and try out the new exercise equipment. I hope to see you there and **please feel free to share this e-mail and flyer to your contacts!**

Sincerely,  
Augie Bezmalinovich  
Community Affairs Advocate  
Port of Los Angeles  
310-732-3503

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